



# Hazel Wood High School – 5 a day Transition



## Week 4

Activity	Preparation for secondary school	Developing Self Confidence and Wellbeing	Subject Knowledge	Staying Active	Getting to our school (Use the School Website) <a href="https://www.hazelwoodhigh.co.uk/">https://www.hazelwoodhigh.co.uk/</a>
Monday	From our uniform expectations, what is acceptable and not acceptable in relation to make up, shoes, bags and uniform?	What has been your favourite experience or proudest moment in primary school? Write a postcard to your Year 6 teacher to tell them.	<b>English:</b> At, we have a special reading project that we follow in form time. Complete the reading activities from this week – you can find on the school website under transition.	<b>Mini Work Out:</b> 25 sit ups 25 star jumps 1 minute jogging 25 press ups 25 squats	What are the two types of points you can be awarded at Hazel Wood?
Tuesday	Summarise our schools, thinking about mobile phones, using the corridors and behaviour at social times.	Paint a pebble or side of a log with a transition logo for 2020. Hide it on your daily walk or put it in your garden.	<b>Maths:</b> Sign up for the free secondary ready maths course below. This will help you be prepared maths lessons at Hazel Wood in September. <a href="https://www.numerise.com/secondary-ready/">https://www.numerise.com/secondary-ready/</a>	<b>Mini Work Out:</b> 25 burpees 25 jumping jacks 1 minute skipping 25 bicycle crunches 25 high knees	Name three different maths teachers at Hazel Wood.
Wednesday	Look at our rewards and sanctions information. How can you gain rewards at Hazel Wood?	Design and make a healthy meal for you and your family. Make sure you take a picture and bring it to form time to show us your culinary delights.	<b>Science:</b> Find out about solids, liquids and gases. Can you draw a diagram for each one? <a href="https://www.bbc.co.uk/bitesize/topics/zkkg87h">https://www.bbc.co.uk/bitesize/topics/zkkg87h</a>	<b>Mini Work Out:</b> 25 squat jumps 25 high kicks 1 minute mountain climber 25 bicycle crunches 25 high knees	How many points are needed for a bronze award?
Thursday	Research a career that you might be interested in. Our careers and aspiration lead is Mr Furey.	Write a letter to your future self. What do you want to achieve, both personally and academically when you leave Hazel Wood in Year 11? Seal it in an envelope and give it to your form teacher when we start.	<b>Religious Studies:</b> Create a drawing, painting or collage of your local community and what makes you proud of it.	<b>Mini Work Out:</b> 25 squat jumps 25 lunges 1 minute plank 25 high knees 25 sit ups	Who is the pastoral manager for year 7?
Friday	When you join school, you will receive your own email address. Write down 5 things that will ensure you remain safe online.	Design yourself an introductory profile to share with pupils from different schools.	<b>Music:</b> Research different genres of music from around the world. Create a fact file or create your own music in the style of your research.	<b>Mini Work Out:</b> 25 bunny hops 25 star jumps 1 minute climb 25 sit ups 2 minutes jogging	What's the name of the app that parents can log onto?



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Name: \_\_\_\_\_ Week Commencing: \_\_\_\_\_ Primary School: \_\_\_\_\_

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Monday					
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